

MARK YOUR CALENDAR

Orientation

If you have not gone through orientation, please join us at 400 N. Jefferson Davis Parkway from **9:00-10:30 AM** on **December 6th**

Ebola Training

We will conduct our second Ebola training that will the basics of Ebola, temperature monitoring, call center operations and door to door outreach from **10:30 -12:00** on **December 6th** following orientation.

2015 Kick-off Party

Join us for our 2015 Kickoff Party at West End Park **12:00-3:00 PM** on **January 24th**. See the next page for more details.

**CONTACT SARAH
BABCOCK FOR
DETAILS**

Frozen

With Winter Storms sending cold fronts throughout most of the nation, there have been nights where the entire country has experienced below freezing temperatures. As with each winter, the New Orleans Health Department, along with New Orleans Medical Reserve Corps volunteers, have responded to these freezing temperatures by activating the freeze plan and opening overnight freeze shelters at Allie Mae. In the month of November we held three overnight shelters and are preparing for more in the future.

So how do NOMRC volunteers fit into freeze plan activations? Volunteers have the opportunity to assist with overnight freeze shelters. Possible tasks include, but are not limited to:

- **Set up and break down of the freeze shelter**
- **Registering shelterees as they arrive and leave the shelter**
- **Monitoring the shelter throughout the night and reporting any issues to the shelter manager**
- **Train to be a shelter manager (look for an upcoming training in January)**

NOMRC reminds you to stay safe in cold weather. Check the weather daily for the wind chill factor. In the event of cold weather, be sure to wear layers, a hat, and gloves, carry a cell phone, sprinkle cat litter or sand on icy patches, work slowly when doing outside chores and be cautious on the roads. Be sure to check the NOHD Emergency Preparedness website for more information on how to protect yourself in cold weather.



Collin County MRC Coordinator, Rebecca Drekman (right), paid our team a visit at our first freeze shelter of the season.



The freeze shelter prepared and a ready to start taking in

We are always looking for more NOMRC members. Do you have any friends who would be interested? Please have them attend orientation on December 6th!

863 Hours

Volunteered by NOMRC members in 2014

191 Hours

Volunteered in November

FLU TAKES LOUISIANA BY STORM

The holidays are around the corner, but as you all are preparing to spend time with your families, travel, or partake in other festive activities, remember to protect yourself against the flu. This season alone, Louisiana has already seen a high rate of influenza. The season runs from October through May, and though the peak is in January and February, according to the CDC, flu is already widespread throughout the state of Louisiana.

There are multiple ways to protect yourself from illness this season:

- * Cover your mouth with your arm or tissue when you cough.
- * Wash your hands often.
- * If you are sick, stay home so you do not spread the flu.
- * If your child is sick keep him/her at home until s/he does not have a fever for at least 24 hours.
- * **The CDC recommends the flu vaccine for everyone 6 months of age and older.**

See your primary care doctor or stop by a walk-in clinic today to get your seasonal flu shot.

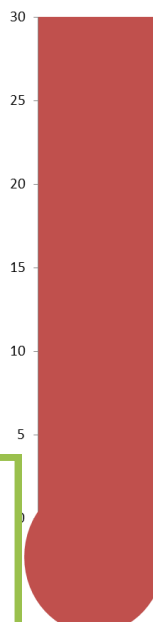
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NEW ORLEANS

New NOMRC
Members in
2014



On behalf of the New Orleans Health Department and the New Orleans Medical Reserve Corps Staff, we would like to wish each of our volunteers a Happy Holidays. We hope you all have a safe and relaxing holiday and we look forward to seeing each of you in the New Year.

2015 Kickoff Party

We encourage all of our members to come out to our 2015 Kickoff Party!



Location:
West End Park

Date:
January 24th, 2014

Time:
12:00-3:00pm

Attire:
Comfortable clothing for outdoor activities

Details:
Join us as we host our annual MRC volunteer recognition party. Bring your favorite side dish and come enjoy a BBQ with your fellow volunteers. Please RSVP by emailing cpwimberly@nola.gov with the dish you will be bringing by 1/16/2014 if you plan to attend.

**NEW
MEMBER**

Our November orientation class brought in another large group of new members! We oriented nine new MRC volunteers and are excited for them to join our team. We just want to send a huge MRC welcome to Sabrina Pillai, Haley Marchant, Allison Egger, Kevin Byrne, Dana Schmucker, Alicia Ray-Butello, Akhil Kshirsagar, Lorna Seybolt, and Chuck Nwanze!

WELCOME!